

HEAT / COLD EXPOSURE

State of New Jersey EMD Guidecards Version 8/98

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Is patient alert?
Is patient breathing normally?
What happened?
What was the source of the heat or cold?
What was the length of exposure?
Does the patient have any complaints?
Is the patient complaining of pain? If so where?
Can the patient talk in full sentences?
Does the patient respond to you and follow simple commands?
Can the patient answer your questions? Is the patient acting normal for him or her?
If not, what is different?
Is the patient sweating profusely?
How does the patient act when he/she sits up?
Is the patient dizzy, weak, or feeling faint?

SIMULTANEOUS ALS/BLS

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Unconscious/not breathing normally.
Decreased level of consciousness.
Confused/disoriented.
Fainting (Syncope).
Cold Water Submersion

BLS DISPATCH

Patient with uncontrollable shivering.
Heat Exhaustion with no critical symptoms

HEAT / COLD EXPOSURE

Pre-Arrival Instructions

Remove from hot/cold environment as necessary.

If patient is cold and dry, cover patient.

If patient is cold and wet, remove clothing and cover patient

If patient is over-heated, loosen clothing to assist cooling.

Nothing by mouth if there is a decrease of consciousness.

Do not rub frostbitten extremities.

Gather patient medications, if possible.

If the patient's condition changes, call me back

Prompts

If unconscious, go to UNCONSCIOUS/BREATHING NORMALLY AIRWAY CONTROL

If unconscious, NOT breathing normally, go to CPR for appropriate age group.

Short Report

Age

Sex

Specific location

Chief complaint

Pertinent related symptoms

Medical/Surgical history, if any

Other agencies responding

Any dangers to responding units